

Vol. 60, No. 30

Tyndall Air Force Base, Fla. *Gulf Defender*

July 27, 2001

# 95th takes top honors in turkey shoot competition

**Pilots, crews come together to end 2nd Fighter Squadron's winning streak**

**Senior Airman Russell Crowe**  
325th Fighter Wing  
public affairs

It was the end of an era — or at least a year and a half long winning streak.

The 95th Fighter Squadron, home to Mr. Bones, took top honors in Turkey Shoot 01-1, July 13-20, ending a three-event winning streak for the 2nd Fighter Squadron.

Known as the turkey shoot, the competition is conducted on a semi-annual basis and is hosted by the 325th Operations Support Squadron. The turkey shoot is centered on a combat training scenario that pits a four-ship of F-15C Eagles from each squadron against four to eight adversaries replicating threat tactics and weapons.

Major judging categories include

Top Squadron Maintenance, Top Scope, Top Gun, Top Squadron Operations and Overall Top Squadron. Other judging categories vary from competition to competition as designated by the 325th Operations Group commander.

In the most recent event, squadrons flew in a defensive counter air scenario against F-15Es simulating a former Soviet Union threat.

The winning squadron retains possession of the wing trophy; the last place team places their squadron scarf around a large stuffed turkey that's kept in the officers' club.

About two weeks prior to the competition, the 325th OG commander designates flight leaders for the missions. Once this occurs, each squadron puts together a maintenance team that includes an overall team chief, crew chiefs for the primary and spare aircraft, specialist personnel and weapons personnel. Each squadron is given only one chance to fly the mission, so it is critical to get it right the first time.

●Turn to TURKEY Page 2



Catherine Layton

**Capt. Nick Reed, 2nd Fighter Squadron, performs a preflight inspection of his Aim-9 training missile July 18. The 95th FS won the competition, snapping the 2nd FS's year and a half long winning streak.**

## Tyndall troop named as one of AF's 12 outstanding airmen

**2nd Lt. Serena Custis**  
325th Fighter Wing  
public affairs

First-rate and second to none!

These are the very words that introduced the award-winning package of Staff Sgt. James J. Delo — one of the Air Force's 12 Outstanding Airmen of the Year.

Sergeant Delo accepted the news of winning this prestigious award with humility, and credited his drive for excellence to the strong air of pride within his squadron.

"When you have people that you work for who give 110 percent, you'll want to give 110

percent," Sergeant Delo said. "That's what keeps me going."

Sergeant Delo, a member of the 823rd RED HORSE Squadron, is a civil engineering instructor who prepares structural technicians to meet wartime contingency needs. A carpenter by trade, Sergeant Delo trains 400 students annually in the areas of rapid runway repair and construction of the new base sheltering systems.

So what made this airman outstanding? The 23-year-old Pittsburgh native says that the uniqueness of his job opened doors of opportunity for him to excel. While instructing his students, Sergeant Delo found ways to improve

their training equipment and facilities. He initiated efforts to correct design inefficiencies with the new Alaskan Small Shelter System (used for billeting), saving the Air Force \$4,000 in contract costs. He also served as the technical adviser to Applied Research Associates to develop an interactive CD to train civil engineers for contingency missions.

A skillful asset manager, Sergeant Delo saved the Air Force \$2,700 in replacement parts while repairing four pneumatic hammer drills. In addition, he discovered that replacing the diesel engines in the airfield recovery paint striper with gas engines would significantly cut maintenance time.

Sergeant Delo led a crew of 22 in the reconstruction of 14 multipurpose tents that are now 100 percent ready to deploy. He was also a key player in the success of the Readiness Challenge, an international contingency competition in which members of various career fields display their expertise in preparing for wartime readiness. For these and many more achievements, Sergeant Delo was awarded one of only five Air Force Civil Engineer medallions for "excellence above and beyond."

"The bottom line: Jimmy Delo is a cut above the rest," said Lt. Col. Nathan Macias, the Det.

●Turn to DELO Page 3



Catherine Layton

Crew chiefs with the 2nd Fighter Squadron prepare planes for takeoff.

●From TURKEY Page 1

“The F-15Es were simulating some of the most advanced threat aircraft and weapons currently fielded anywhere in the world,” said Capt. Paul Moga, 325th OSS and turkey shoot coordinator and judge. “Additionally, they were given very few restrictions and allowed to be AMRAAM (Advanced Medium Range Air-to-Air Missile) aware adversaries.

All four teams were led by the squadron operations officers and did an excellent job against a very difficult problem, with an overall kill ratio for the week of 19:1 and no enemy aircraft getting to the target.”

“The OSS did a great job of putting together a realistic scenario,” said Lt. Col. Jeffrey Harrigan, 95th FS director of operations. “We were fortunate to have great jets that allowed us to get the job done and finally get rid of the infamous turkey.”

NCO Academy system expands

Carl Bergquist  
Air University public affairs

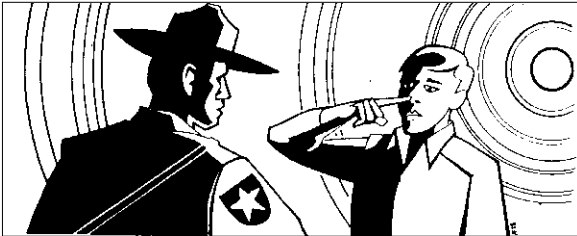
**MAXWELL AIR FORCE BASE, Ala. (AFPN)**—The Air Force is expanding its capability to provide training to mid-level noncommissioned officers with the addition of a NCO Academy at Gunter Annex. The addition of the school, with classes scheduled to start in January 2003, will bring the number of Air Force NCO Academies worldwide to 14.

Students attending the new school will be “an overflow of NCOs requiring this training—not to mention any ‘must-trains’ who may have a line number to master sergeant,” said Chief Master Sgt. Vickie Helms, Gunter NCO Academy commandant.

National Guard and Reserve students will also take classes at the Gunter school. The new facility at Gunter will train 1,183 students annually, Chief Helms said.

Interested technical sergeants may apply for instructor positions.





**Think  
before  
you  
drink.**

●From DELO Page 1

1, 823rd RED HORSE Squadron unit commander. “He has all the tools and uses them with precision. The record clearly shows he has earned and deserves the title of 9th Air Force Airman of the Year.”

Sergeant Delo began his career as a structural technician at Ellsworth AFB, S.D. in November 1995. At Airman Leadership School, he earned the

John L. Levitow Award for leadership and academic excellence. Within four years of military service, Sergeant Delo was selected for promotion to staff sergeant.

In addition to touching the lives of the students he teaches, Sergeant Delo reaches out to the community in a host of service activities. An active member of the Tyndall Chapel, he led the team that erected four air-conditioned tents for

Tyndall’s Vacation Bible School. He volunteers for Booster Club activities and is a member of the RED HORSE volleyball team. Sergeant Delo has invested in the quality of life at Tyndall by heading the RED HORSE construction of a gazebo in the Airman Quad Dorms and erecting tents in support of Tyndall’s 4th of July celebration. He was also a flag bearer during Tyndall’s 2000 POW/MIA retreat ceremony.



2nd Lt. Serena Custis

**Staff Sgt. James Delo, one of the Air Force’s 12 Outstanding Airmen of the Year, instructs students on how to build a California Medium Shelter System at the RED HORSE site.**

# Quadrennial Defense Review on track

**Gerry J. Gilmore**  
*American Forces*  
*Press Service*

**WASHINGTON**—Work on the Quadrennial Defense Review, the “blueprint” to U.S. military transformation, is on track, Defense Secretary Donald H. Rumsfeld said July 18.

The QDR “is a tough process. It is an important process. We’ve had wonderful cooperation, and we’re well along in that process,” Secretary Rumsfeld told reporters at a Pentagon news conference.

Conducted every four years by congressional mandate, the QDR evaluates military force structure, capabilities and resource requirements. Its recom-

mendations are to be provided to Congress Sept. 30.

The services began collecting data for the QDR last year, but the prolonged 2000 presidential election has squeezed the time available to work on the review.

“To accomplish it in a relatively short period is a particular challenge,” Secretary Rumsfeld said, noting that senior military and civilian leaders have for months been engaged in myriad QDR meetings and briefings.

Those senior leaders first arrived at “unanimous” agreement on terms of reference for the review, Secretary Rumsfeld said. Panels were then formed to research strategy and force planning; military organizations, arrangements, capabili-

ties and systems; space; information/intelligence; personnel and readiness; infrastructure; and force integration.

The secretary likened the QDR to a balancing of risks.

“We’re trying to look at operational risks and evaluate them,” he said. “We’re trying to then look at the risks of not doing a proper job for our people, and balancing that against operational risks.

“We’re looking at the risks of failing to fix the underfunding that went on for a long period of years with respect to modernization and readiness.

“In addition, we’re trying to follow the president’s guidance of balancing the risks of transformation or not transforming in time

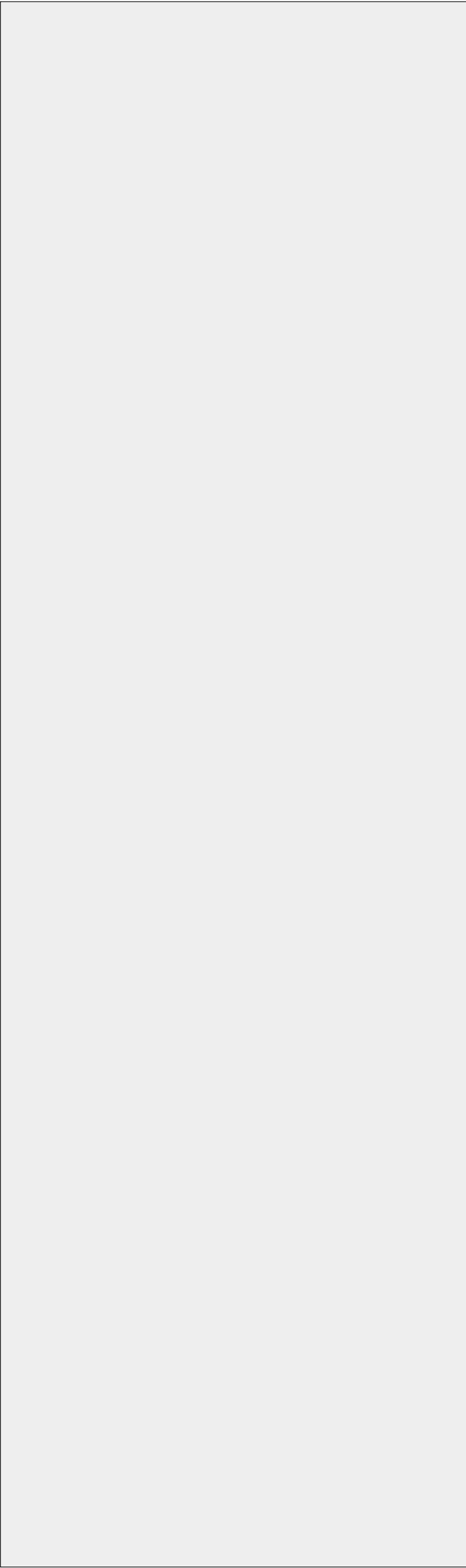
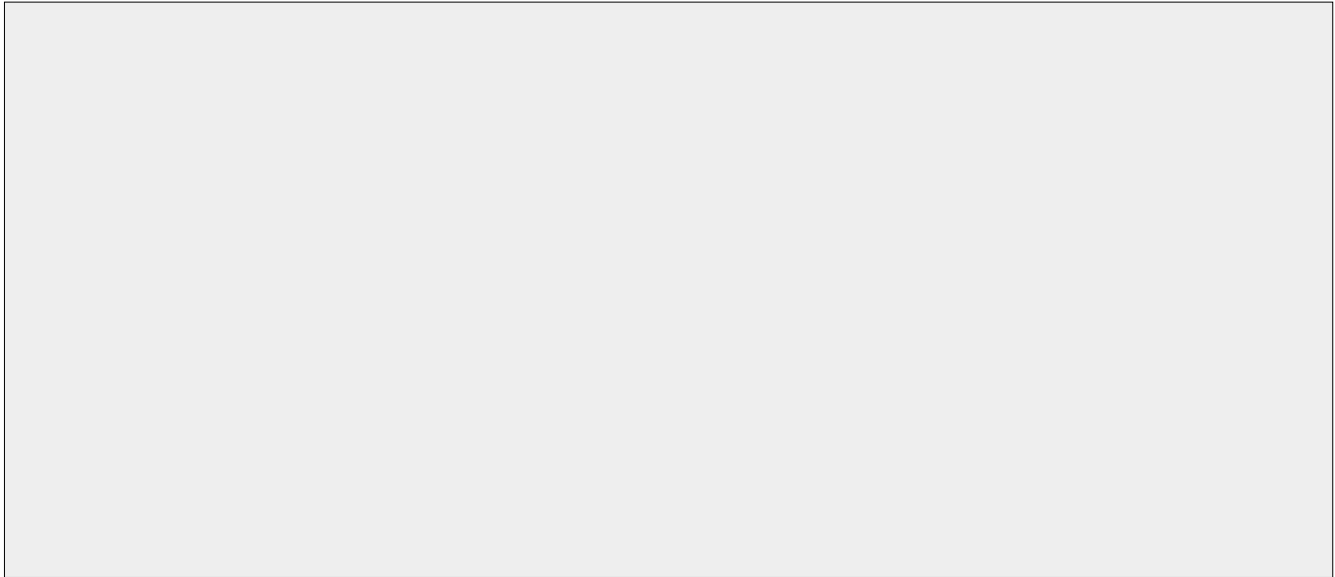
to address the kinds of problems that we inevitably will be facing in the period immediately ahead.”

Secretary Rumsfeld said military leaders from all the services have provided a kaleidoscope of valuable opinions and views for the QDR.

“They’re overwhelmingly, absolutely terrific human beings. And, we’re fortunate to have them,” he said.

However, transforming DOD to meet the realities of today’s post-Cold War world and the envisioned challenges of the future isn’t easy, he said.

“I think it is perfectly correct to say that change is hard . . . whether it is the contracting community or the Congress or the department itself, civilian or military,” he said.





Gulf Defender  
Editorial Staff

Brig. Gen. William F. Hodgkins  
325th FW commander

Capt. John Dorrian  
325th FW public affairs officer

Staff Sgt. Roel Utley  
chief, internal information

Catherine Layton  
editor

2nd Lt. Serena Custis  
staff reporter

Senior Airman Russell Crowe  
staff reporter

Teresa Nooney  
News Herald staffer

e-mail  
editor@tyndall.af.mil

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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	2	+1
Off duty	10	7	-3
Traffic	5	3	-2
Sports	4	2	-2
Fatalities	1	0	-1
DUIs	14	12	-2

Commander's Corner



Brig. Gen. William F. Hodgkins  
325th Fighter Wing  
commander

First, congratulations to the winners of our latest wing Turkey Shoot ... the 95th Fighter Squadron! You did a great job and earned bragging rights for the next six months.

Now I'd like to tell you about some changes that recently occurred in force protection, discuss summer permanent change of station activity, and lastly update you on golf course changes.

The Department of Defense has decided to change our threat condition terminology from "THREATCON" to force protection condition, or "FPCON." Along with that, I'm sure you noticed during the last few weeks we rapidly transitioned between Threatcon-Normal / Alpha. Those changes were driven by real world events as well as guidance from our MAJCOM. Regardless of what we call it (THREATCON or FPCON), it's important to remember that being stationed at Tyndall doesn't make us immune to the possibility of a terrorist-type incident. When a change is directed, I need everyone to execute as quickly and safely as possible ... it's for our own good.

On the personnel front, another summer rotation is



almost behind us and a lot of new faces are now part of Team Tyndall. I'd like all of you to make the effort to help our new teammates feel welcome and ease their integration into the base, work place and community. Remember how it felt when you were the 'newbie' ... first impressions are important and can color the rest of your tour at Tyndall.

Lastly, as you may have noticed, the Pelican Point Golf Course is undergoing some much-needed renovation to 'the back-nine'. Right now, the grass is growing back and the back nine should be ready by Labor Day weekend. Just a reminder: even though the back nine is under renovation, golfers can still play the full course ... temporary greens have been set up on greens under renovation. If you're a golfer, make some time to go out and check the progress while you play a round and, ... have a great Air Force week!



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.

Action Line



Catherine Layton

Letter of the law

Lt. Col. LeEllen Coacher, 325th Fighter Wing staff judge advocate, and Capt. Jon Stanley, assistant chief of adverse actions, look over some information.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If

you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins  
325th Fighter Wing  
commander

Tyndall's chapel schedule

Protestant

Communion Service: 9:30

a.m.,

Chapel 1

General Protestant

Service: 11 a.m., Chapel 2

Chapel 1: 283-2691

Chapel 2: 283-2925

Other faith groups: Call  
283-2925

Catholic

Daily Mass: noon,

Monday through Friday,

Chapel 2

Reconciliation: After

Saturday Mass or by

appointment

Mass: 5 p.m. Saturday,

Chapel 2

Mass: 9:30 a.m. Sunday,

Chapel 2



# DOD looking for money to fund readiness, modernize

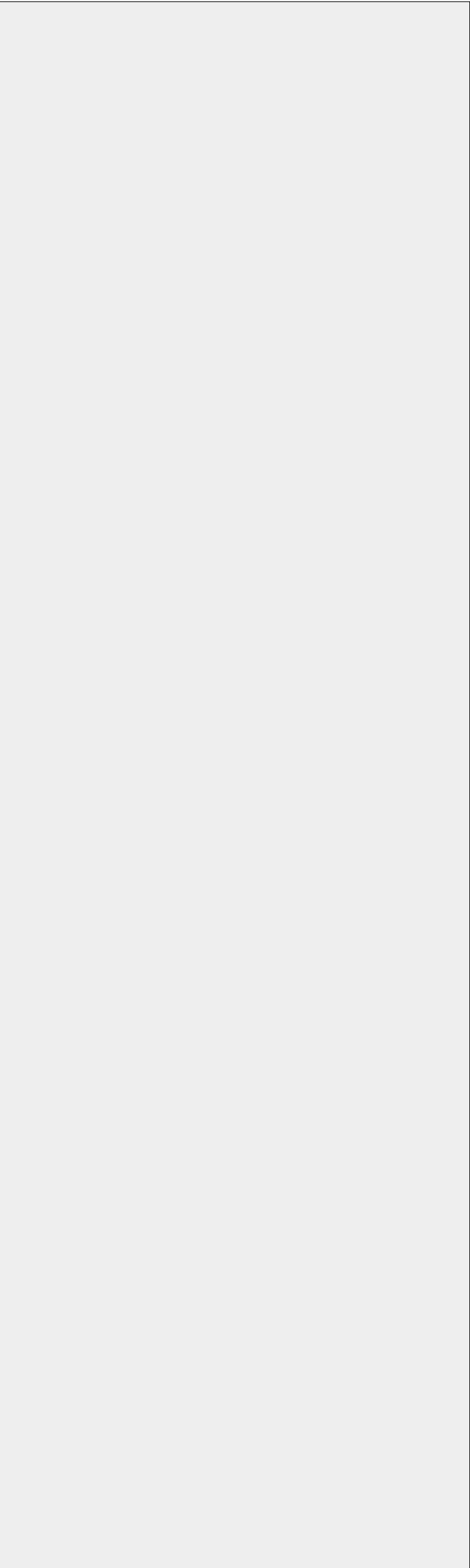
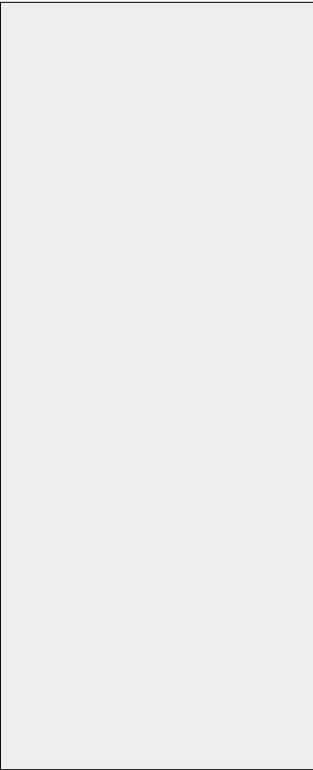
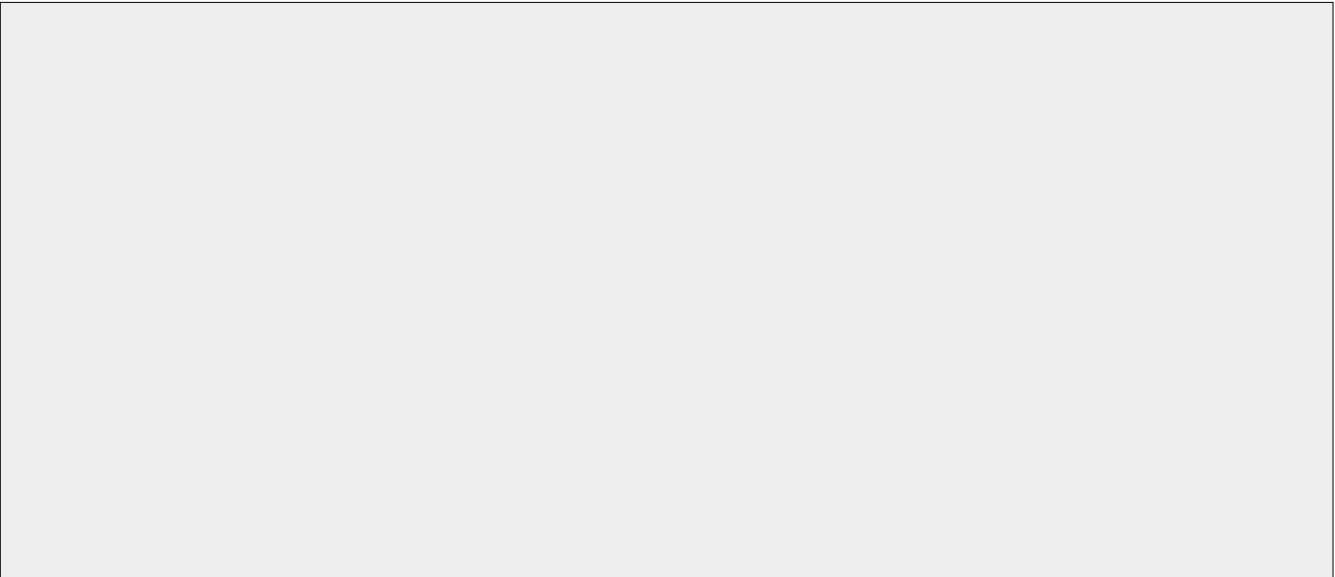
**Jim Garamone**  
*American Forces Press Service*

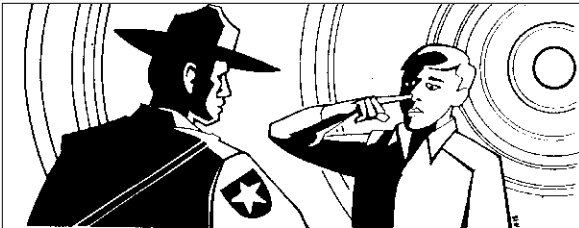
**WASHINGTON**—The U.S. military is walking a fine line between maintaining today’s forces and preparing for defense transformation, DOD’s senior leaders told the House Appropriations Committee July 16. Defense Secretary Donald H. Rumsfeld and Army Gen. Henry Shelton, chairman of the Joint Chiefs of Staff, told the defense subcommittee that years of underfunding and overuse have taken a toll on the department. Secretary Rumsfeld told the representatives that DOD, just to continue ongoing programs, would need a budget in Fiscal 2002 of \$347 billion—\$18 billion more than the administration recently requested.

“To get well by 2007—that is, to meet current requirements in areas like readiness, proper fly-

ing time, training, maintenance and so forth—would cost the American taxpayers tens of billions of dollars more, and that’s before calculating the additional investment that will be needed for transformation,” he said. Secretary Rumsfeld said the increase DOD is asking for is significant. “But we need every cent of it, let there be no doubt,” he said. “We need the funds for pay and housing and health care and quality of life. We need it for the backlog in maintenance, modernization and transformation, and research and development. He said the Bush administration budget request halts the fiscal slide but “does not get us well. The underinvestment and overuse of the force went on far too long. The gap is too great. The hole we’re in is too deep; there is no way to spend our way out of it in one year.” General Shelton echoed and

●Turn to FUND Page 10





Think  
before  
you  
drink.

## Commentary

# Proud to serve the best

Capt. Sara Connor  
90th Operations Group

**F.E. WARREN AIR FORCE BASE, Wyo. (AFPN)** — A few months ago, I decided to get out of the office and take a break. I went off base to get some lunch, and while I was out, a man approached me. He held out his hand to shake mine and said, “I just want to thank you for your military service.”

Shocked, I said, “You’re welcome.” The man’s gesture made me think about my job and the military. I found myself guilty of taking my job for granted.

I think we’re all guilty of this. We get so wrapped up in our daily routine of paperwork, deadlines and hot suspenses that we lose sight of what being in the military really means.

Every day when we put on our uniforms, we’re defending our nation. All the routine things we do that seem so simple mean so much.

We’re not in the middle of a war, like so many before us faced, but we’re still doing our part to keep our country free. That’s

something to be proud of. No matter if you stay in the Air Force for four or 20 years, you’re contributing to something larger than you are.

Take a second to think about the overall impact you have on this country. How many other careers can you think of where people are on duty all day, every day, ready to deploy at a moment’s notice to wherever they’re needed? Where they’re ready to give their lives for a nation’s freedom?

You probably won’t hear too many thank yous, but what matters is that you know in your heart the impact you have every single day. Whether you are a chef preparing meals at a missile alert facility, a personnel troop diligently working on a decoration, a security forces member completing a launch facility check, a missileer monitoring missiles, or a pilot providing aerial observation for a convoy, be proud you’re part of a great team.

Show your pride daily in everything you do. After all, there are 280 million people depending on you to do your job right the first time, every time.



## Feature

A unique, highly trained team with a variety of specialties and facilities lives up to the squadron's motto...

# Any tasking for the asking

**Catherine Layton**  
325th Fighter Wing  
public affairs

**Mission Impossible. That is unless you know of the unique team at the 82nd Aerial Targets Squadron, Special Devices Flight. These people can accomplish any modification to anything that flies, used to fly or may fly in the future.**

Made up of avionics, mechanical and drafting sections as well as a printed circuit lab, these sections provide engineering, instrumentation and avionics support to anyone from any branch of the military. They are capable of creating and executing modifications that support operational

tests and evaluations of airborne weapon, electrical and instrumentation systems.

The facilities are almost as impressive as the people that comprise this cadre. Housed in Hangar 3 is a self-contained sheet metal and machine shop, paint shop and wood mockup shop. Engineers work on the most up-to-date software for the design and analysis of anything from display stands to major weapons modifications.

Pride exudes from each member of the team, including Capt. Timothy Garmoe, lead mechanical engineer. "We are the only organization in the Air Force that can do the scope of work that we accomplish.

These folks can make anything out of any

material from wood to steel to titanium. The hardest part is getting the word out that we exist, and are capable of so much," he said.

The most enjoyable aspect of creating and modifying equipment is being able to see results. According to Captain Garmoe, pilots flying the F-4 for testing purposes had to strap portable Global Positioning

Systems to their legs since the technology wasn't fitted in those aircraft. "The pilots didn't like that because they had to look down to read the GPS, and it was just inconvenient to have it strapped to them. They

requested that we find some way

to mount the unit so they could see it. They suggested a location, and I designed a mount to hold the GPS unit to be in the aircraft. A lot goes into designing even a simple one-pound mount, such as the calculations to prove that the mount can withstand a 8.5 G load and not come off, and so forth. On the large scale, is it a big deal? Probably not. But it is to the pilot."

As far as the customer goes, they need to know what they want designed. "All the details up front, communication is the key. Even the most minor change in design can cause all of the work already done to be scrapped," said Captain Garmoe. "That is probably the most frustrating thing for the engineers."

Currently under way are two significant projects including the Integrated Defensive Electronic Counter-Measure and the Common Missile Warning System weapon systems. The IDECM project is a joint Navy/Air Force program. The 53rd Wing out of Eglin was contracted to support the livefire testing of the IDECM system. Both of the systems are placed on F-4 full-scale drones for testing.

To schedule a project with the 82nd Aerial Targets Squadron Special Devices Flight, call Captain Garmoe at 283-2135.



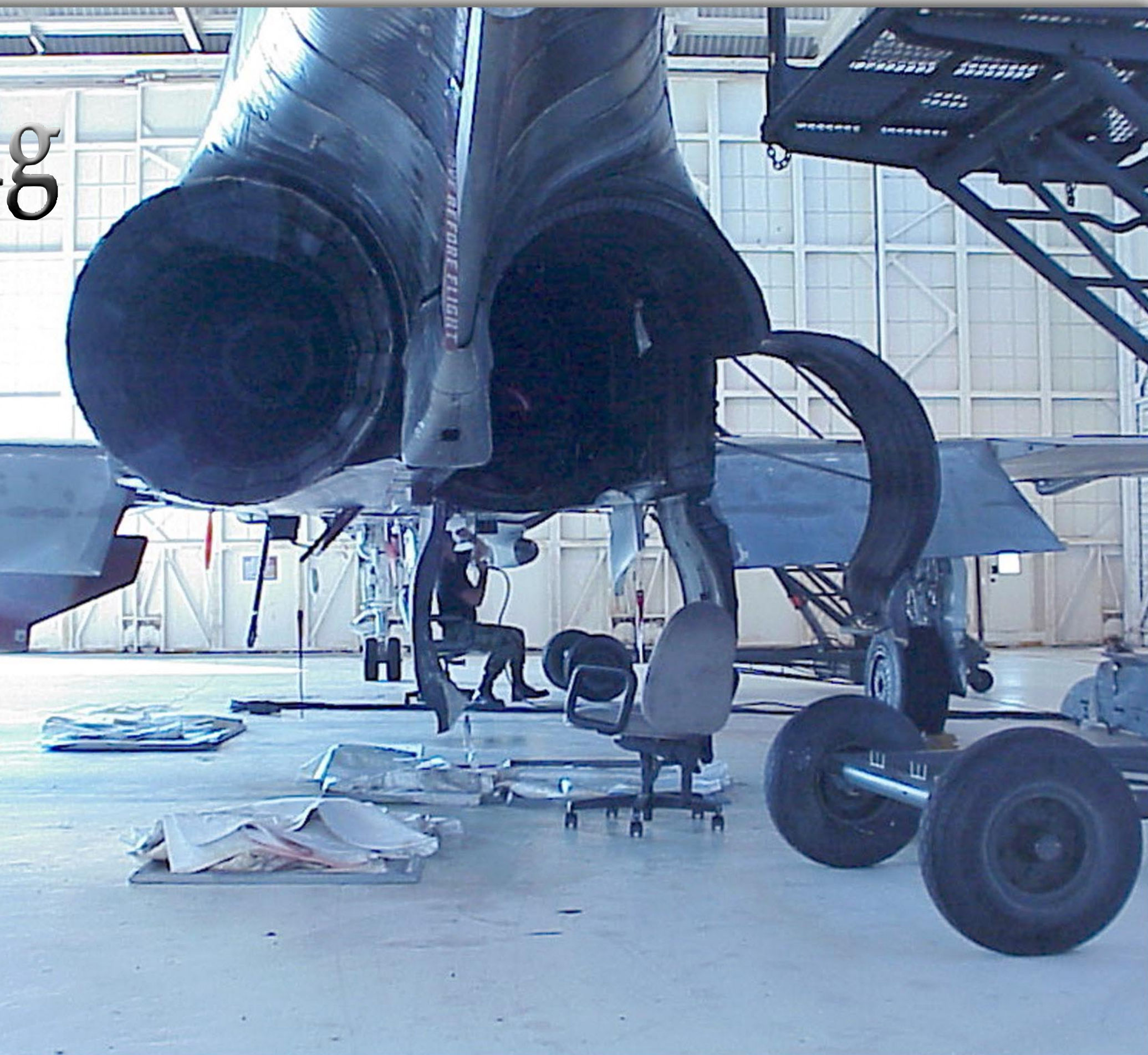
Photos by Catherine Layton

**Staff Sgt. Tony Mixon, left, aircraft structural maintenance craftsman, and Staff Sgt. Charles Horton, aircraft metals technology journeyman, make adjustments to a mount that will be fitted on an F-4.**



**Staff Sgt. Patrick Fleming, aircraft struc**





Structural maintenance technician, bores rivets out of the belly of an F-4 to gain access to a panel.



●From FUND Page 6

expanded on the secretary's sentiments. He said the first-to-fight forces are trained and ready, but many other critical units are not up to snuff. His examples included the strategic airlift fleet, combat service support units, training bases and intelligence, surveillance and reconnaissance aircraft. "These units are ... suffering the consequences of high optempo and the diversion of resources to sustain the near-term readiness of the first-to-fight forces," he said. He said DOD is working to reconcile near-term readiness imperatives with long-term modernization and recapitalization.

The department needs more money, but officials also asked the appropriators to give DOD the authority to use the money it already gets more wisely. "We simply have to match these sizable spending increases with sizable increases in efficiency," Secretary Rumsfeld said. "We'll need Congress to give us greater freedom to achieve cost savings, so we can assure the taxpayers that we're using their dollars more efficiently, and we can redirect funds to urgent priorities. We simply have got to turn waste into weapons."

He used the B-1 bomber as an example. "Last month, the Air Force proposed to modernize the aging B-1 fleet, turn it into a more potent weapon capable of contributing to 21st century security without requiring new money," Secretary Rumsfeld said.

The service has proposed cutting the B-1 force from 93 aircraft to 60 and concentrating them at two air bases. "The Air Force would then take the savings, use them to modernize the remaining aircraft with new precision weapons, self-protection systems, reliability upgrades, so that they can become viable in a future conflict," he said.

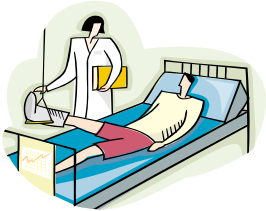
"Doing this would add some \$1.5 billion of advanced combat capability to today's aging B-1 fleet over the next five years without requiring additional dollars," he continued. "This is the kind of efficiency we owe the taxpayers." He said congressional support for the reduction and basing switch "would send an important signal to all of the services and give them an incentive to find further cost savings by telling them that such efforts will be rewarded with freed-up funds to improve capabilities."

Failure to support this initiative "would send a damaging signal

across the defense establishment that finding ways to save money and increasing efficiency is a waste of time and leads to nothing but hostility," he advised.

Secretary Rumsfeld said he believes DOD can save 5 percent if given the freedom to innovate. "Unless the department is given encouragement to turn waste into weapons, we will have to come to you next year asking you to appropriate more of the taxpayers' dollars to meet still more urgent needs, many of which could have been paid for by finding cost savings." He said a 5 percent savings would be more than \$15 billion. "We could do a great deal with that saving," he said. "We could pay \$3 billion needed to annually increase ship procurement from six to nine ships. We could cover the \$1.4 billion needed annually to fund base operation requirements. We could pay the entire annual cost of procuring the additional aircraft necessary to help meet the steady-state requirements for Navy, Air Force and Army aircraft. "These are all important priorities that need to be funded, and I would certainly prefer to come to you next year and tell you that we've found ways to fund certain programs by operating more efficiently."





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# Be aware of the dangers of unexploded ordnance

**Jim Garamone**  
*American Forces Press Service*

**WASHINGTON** — Last year, two young men ignored signs and went joyriding in an impact area at Camp Shelby, Miss. They got stuck in the mud and called a friend to winch them out.

As they waited, the two went exploring and found unexploded anti-tank rounds. They picked them up and started a tragedy.

To make a long story short, they passed their souvenirs to two boys. One of the rounds exploded, killing one boy and severely wounding the other.

DOD has hundreds of ranges. And on each range, there is unexploded ordnance. “That’s just the nature of the beast,” said Edwin Lowe, an Army safety director and the service’s range safety program manager. “There is always ammunition that doesn’t explode for whatever reason.”

But just because ammo hasn’t exploded does not mean it won’t or that it’s safe. The Army, as DOD’s executive agent, is working to ensure the safety of service

members, their families and those who live in, near or around ranges, Mr. Lowe said.

The Army developed a restricted-access Web site to help safety managers and explosive ordnance disposal personnel pass the word about the dangers of unexploded ordnance, or UXO. The Web site is the Defense Environmental Information Exchange, [www.denix.osd.mil](http://www.denix.osd.mil) > [www.denix.osd.mil](http://www.denix.osd.mil). A visitor must have a military e-mail address to enter the site and passwords to access some of the areas within.

Officials limited access because they want safety people to present the information about UXO. “We want the correct message to get out consistently across the services,” said Gary Abrisz, assistant for safety in the Office of the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health. To ensure a consistent, accurate message, “we need professionals to deliver it,” he said.

At the heart of the message are three

**●Turn to DANGERS Page 13**

# The Gulf Guide

## Your link to what's going on in the Tyndall community

### This Week

#### July 30 Gas pump shutdown

Gas pumps will be shut down at the base service station Monday and Tuesday in order to complete repairs to the canopy. Gas sales should resume during the afternoon hours on Tuesday. The retail section and the bay will remain open and operate at regular hours. For more information, call 286-5826.

#### Embry-Riddle registration

Summer registration for Embry-Riddle Aeronautical University's fall term will be 8 a.m.-4:30 p.m. Monday-Aug. 3 in the education center, Room 49. Class dates are Aug. 6-Oct. 6. For more information, call the education center, 283-4557.

#### 'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets on Mondays. For more information and meeting locations, call 286-5812.

#### July 31 Home-buying class

A bring-your-lunch, home-buying class will be 11 a.m.-12:30 p.m. Tuesday in the family support center classroom. A licensed realtor will provide information on mortgages, Veterans Affairs eligibility, negotiating contracts, the pros and cons of home ownership and tips for working with realtors. For more information or reservations, call the family support center, 283-4204.

#### Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

#### Boating skills course

The Coast Guard Auxiliary Flotilla 16 boat-

ing skills course will be 7-9 p.m. Tuesdays and Thursdays in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The core portion of the course ends Aug. 14. The cost of the course is \$30 for books. For more information, call John Clark, 271-3828, or visit the flotilla Web site at: <http://clik.to/USCGAUXFlotilla16>.

#### August 1 Project officer needed

A project officer is needed for planning a Hispanic Heritage Month celebration to be held Sept. 15-Oct. 15. Interested military or civilian employees are encouraged to apply by Wednesday at the military equal opportunity office. For more information, call Staff Sgt. Darryll Woodson, 283-2739 or 283-2751.

#### August 2 Anti-terrorism briefings

Mandatory Air Force Level One anti-terrorism briefings conducted by the Air Force Office of Special Investigations will be 8 a.m. the first and third Thursday of each month in Building 656 next door to the security forces building. The briefings will last approximately 30 minutes and are for Air Force members with permanent change of station or temporary duty assignments to overseas locations. For more information, call AFOSI Detachment 419 Counterintelligence Program Manager, Special Agent Doug Hartwell, 283-3261 or 283-3262.

#### CMF Bible study

Christian Military Fellowship Bible study and fellowship will be 6-7 p.m. the first and third Thursday of each month in Building 1476, across from the wellness center. For more information, call Staff Sgt. Cindy Abbott, 283-4045 or 871-5089.

#### Yard Sales

The following yard sale is scheduled for Saturday: 3542-B Andrews Loop. All yard sales are held between 8 a.m.-4 p.m.

### Notes

#### Lost and found

The 325th Security Forces Investigation's Lost and Found has jewelry, watches, keys, wallets, pagers, bikes, glasses and automatic teller machine cards in their inventory. Anyone wishing to claim lost property can call security forces, 283-2497, between 7:30 a.m.-4:30 p.m.

#### Air National Guard band vacancy

A vacancy exists for a commander/conductor for the 567th Air National Guard Band of the Northeast, a unit of the Massachusetts Air National Guard. This is a traditional Air National Guard position requiring part-time service. For more information, visit the following Web link: [www.567band.org/vacancy.asp](http://www.567band.org/vacancy.asp) or call Master Sgt. Peter Gorman, DSN 256-7467 or (888) 301-3103, extension 7467.

#### Logistics-supply NCO program

Openings exist for qualified volunteers for the Wholesale Logistics Supply NCO Program, a supply professional development program. Individuals in AFSC 2SOX1, technical sergeants, technical sergeant selects or master sergeants with less than 15 years time in service as of August 2002 may be eligible to apply. Interested individuals may call their local supply enlisted manager or Chief Master Sgt. Paul Schroder, DSN 225-3854.

#### School physical examinations

The pediatric clinic staff is continuing to

schedule school physical examinations for Tyndall pediatric enrollees requiring exams for the start of the fall 2001 school year. To make an appointment, call 283-2778.

#### Firing range restrictions

The 325th Security Forces Squadron's combat arms section cautions all to stay clear of the land adjacent to the firing range. Trespassing is illegal and dangerous. The red range flag will be flying during day firing, and the red beacon will be flashing during night firing. For more information, call combat arms, 283-2114.

#### Disaster preparedness

The Air Force Personnel Readiness Center is available to provide assistance and guidance when installations are affected by natural disasters such as hurricanes. For more information, call the PRC, (800) 435-9941, or use Tyndall's toll-free contingency number, (877) 529-5540.

#### TRICARE information

Up-to-date TRICARE information is available on the TRICARE Web site at: <http://www.tricare.osd.mil/ndaa>. For those beneficiaries whose questions cannot be answered on the Web site, new toll-free telephone numbers include TRICARE For Life, (888) 363-5433 and the TRICARE Senior Pharmacy Program, (877) 363-6337.

### Retiree News

#### ID card renewal

Retiree identification cards are good for life and have an indefinite expiration date. Dependents' ID cards have an expiration date, which is printed on the front side in the upper-right corner of the card. Dependents' ID cards should be renewed not earlier than 30 days before the expiration and not later than 14 days before expiration.

The Tyndall Military Personnel Flight recommends that dependents do not wait until the day the card expires to renew it. Unforeseen circumstances may prevent getting to base or the computer system used to issue ID cards may not be operational that day. If surviving, the sponsor must accompany the dependent to renew the ID card. If the sponsor is deceased, the dependents will sign for their own ID cards.

When a retiree or dependent becomes 65 years old and is enrolled in Medicare, they should bring their Medicare card to the customer service section that issues ID cards so Medicare enrollment in the Defense Enrollment Eligibility Reporting System can be updated. Dependents will be

issued a new ID card when they become 65. Retirees are not required to get a new ID card when they turn 65, however, DEERS must be updated to reflect Medicare eligibility.

Finally, if a retiree or dependent is unable to come to the base to be issued a new ID card, the customer service section can renew the card through the mail. It is a simple process and takes about 10 days to complete. Anyone interested in renewing a card through the mail may call Tyndall's MPF customer service section, 283-2276.

#### Locating AF retirees or active-duty members

The Air Force may not release home or overseas duty addresses, but will forward a personal letter.

Seal your letter in a stamped envelope, enter your return address, including retired grade, and send the letter and addressee's name, grade and Social Security Number or service number in another envelope to: HQ AFPC/MSIMDL, 550 C Street West, Suite 50, Randolph AFB, TX 78150-4752.

### Base Theater



**Today:** "Swordfish" (R, violence, language and some sexuality and nudity, 97 min.)

**Saturday: 2 p.m.** "Atlantis: The Lost Empire" (PG, action violence, 96 min.)

**7 p.m.** "Atlantis: The Lost Empire"

**Sunday:** "Atlantis: The Lost Empire"

**Thursday:** "Swordfish"

All movies start at 7 p.m.



Thinking  
about getting  
out?  
Think again!

Get the facts  
first.




Call Chief Master  
Sgt. Ron Georgia,  
325th Fighter Wing  
career assistance  
adviser at 283-  
2222.

●From DANGERS  
Page 10

words: Recognize, Retreat, Report. “We wanted this to be as recognizable to children as the fire safety campaign of ‘stop, drop and roll,’” Mr. Lowe said. Range safety or EOD personnel would visit local schools, for example, and teach children to recognize unexploded ordnance, retreat from it and call a reporting number.

The Web site gives safety professionals the syllabus to follow as they give their presentations. It is open to all military services, and Mr. Lowe and Mr. Abrisz are working with their counterparts in the other services to spread the word. The two are also working to produce a video on the dangers of unexploded ordnance.

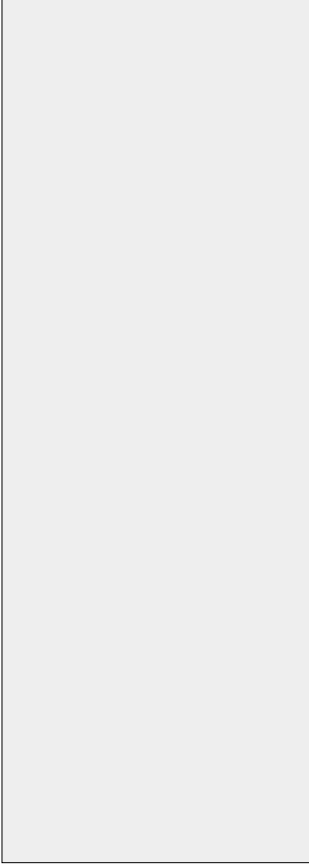
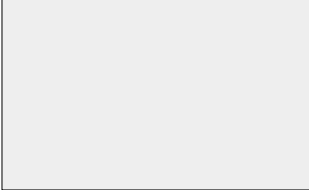

# Spotlight

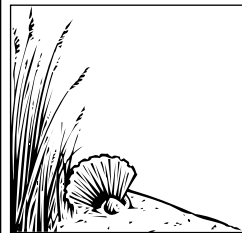


Senior Airman Russell Crowe

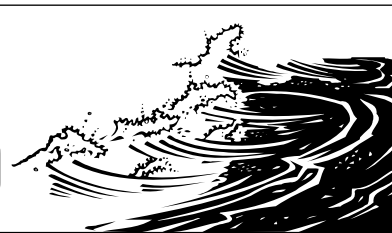
## Airman Rafael E. Nunes

**Squadron:** 325th Services Squadron  
**Job Title:** Front desk clerk  
**Years in Air Force:** 1 year.  
**Time at Tyndall:** 9 months.  
**Why you joined the Air Force:** It was an open door to a disciplined and independent lifestyle.  
**Greatest aspect of your job:** Being able to take part in welcoming all of our visitors. Having the privilege of meeting so many people is rewarding.  
**Short-term goals:** Complete my career development courses and join the Tyndall Honor Guard.  
**Long-term goals:** Develop a closer relationship with God and be a member of the president’s flight staff.  
**Favorite book:** The Bible.  
**Favorite movie:** “Gladiator”  
**Hobbies and activities:** Serving God, writing and going to the beach.





# Funshine NEWS



July 27, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

## Youth Center

☎ 283-4366

### School Age Program

Register now for before and after school care.

### Youth Soccer Registration

Youth Soccer registration for ages 4-13 years old. (must be 4 yrs. old by July 31st.) Costs vary. Any registration after Aug. 1 will incur a \$15 late fee. Looking for volunteer coaches and officials to be trained before the season. For more information call Bruce at 283-4366.

### Group Tennis Lessons

Learn to play in USA Tennis 1-2-3 classes. Open to all ages. sessions run August. 18, 25 and Sept. 1, 8, 15, 22. Cost is \$25 for members and \$30 for non-members. Call Andy, 283-4366.

### "Kids on Target" - Youth Archery

Learn basic archery skills in a fun, group environment. Program runs Aug. 17, 24, 31 and Sept. 7. Cost is \$25 for members and \$30 for nonmembers. Call Andy, 283-4366.

### Start Smart Baseball

Is your 3-5 year old ready for organized baseball? Sign them up for "Start Smart Baseball" and participate one-on-one with your child teaching basic skills. Program runs Aug. 16, 23, 30, and Sept. 6 at 9 a.m. Cost is \$25. Call Andy, 283-4366.

## Base Library

☎ 283-4287

### Pre School Story Hour

Tues. 10-10:30 a.m. Open to ages 3-6 yrs.

### Book Sale

Aug. 16-19

## Information, Tickets & Travel

☎ 283-2499

### Traveling?

Visit or call ITT to make unofficial travel reservations, airline tickets, cruises, auto rentals and hotels.

## Officers' Club

☎ 283-4357

### Coming Attractions All Ranks

Sept 8 - Medieval Banquet  
Oct 12 - Casino Night

### \$300 Club Card Drawing

Every Thursday at the club at 6 p.m.

## Raptor Lanes Bowling Ctr.

☎ 283-2380

### Fall Leagues Sign Up Now!

### Youth Winter League Registration

August 11 & 18  
9-11 a.m.: Jr. and Sr.  
11 a.m.-12:30 p.m. Shooting Stars and Pee Wee. Youth signing up at this time will receive 3 games of bowling, a hotdog and a drink. Call for more info.

### Meal Deal Cards

Snack Bar customers who purchase 15 meals at \$2 or more will receive the 16th free and a free game of bowling! (\$5 limit, alcohol not included)

## Enlisted Club

☎ 283-4146

### Lunch Buffets

Tuesday, All you can eat Sirloin Steak  
Wednesday, Meat & Potatoes  
Thursday, Country Cookin' Buffet  
Friday, Seafood

## Bonita Bay

☎ 283-3199

### Pool Hours

Open Swim Wed.-Sun. 11:30 a.m.-6:30 p.m. Lap swim: Tue. 6:15 - 7:30 a.m.; Wed. - Fri. 6:15 - 7:30 a.m., 11 - 11:30 a.m., 5 - 6:30 p.m.

### Schedule a Pool Party

Tues.-Sun.: 7-11 p.m., \$30 per hour.

## Aero Club Flight Training Center

### Stop Dreaming and Start Flying

Current members are eligible to win up to \$3,000.00; new members \$50 + flight time. (June 1 - Sept. 30)  
Call 283-4404 for more info.

## WWF Summer Slam!

Appearing on pay-per-view

### At the Sports Page Pizza Pub

- Drink Specials
- \$50 Door Prize\* plus other giveaways
- FREE Popcorn
- Pizza Buffet 6-7:30 p.m.

August 19th • 7 p.m.

Tickets \$7 on sale now.  
Includes Pizza Buffet

**283-3222**

Sponsored in part by:

**American Amicable**

No federal endorsement of sponsor intended.

## Marina Club

☎ 283-3059

### 31st Annual Panama City Open Spear Fishing Tournament

August 16-19. Must be a certified diver. Contact Mike Thompson at 871-2698 or D.J. Moore at 871-2624 for tournament information. If your business wants to sponsor the event contact Branda Daniels at 283-4565.

## All Ranks Membership Appreciation Night Aug. 9, 6 p.m. at the O-Club.

- 🍴 Plenty of free food
  - 🍹 Island drink specials
  - 🎁 Prizes, prizes and more prizes!
- Sponsored\* in part by:**  
The Boardwalk Beach Resort  
Tyndall Federal Credit Union  
Clubhouse Inn & Suites  
Wild Adventures  
PYA/Monarch, Inc.  
(No federal endorsement of sponsors intended.)  
*You won't want to miss this!*  
**283-4357**

## Base Honor Guard Bagpiper Needed

### Scheduler Needed:

Full time for one year in the rank of A1C to SSgt send resume by Aug. 18 to TSgt Harp 325 SVS/SVMHG.

### Volunteers Needed:

The Honor Guard is a volunteer program that provides active duty and retired members with final military honors as well as contributing to retirements, induction ceremonies, military weddings, cordons, changes of command, and community functions. Interested personnel are encouraged to attend one of the team's practice sessions Wednesdays 1-4 p.m.

**For more information contact  
TSgt. Harp at 283-4405**

Tyndall Youth Programs invites all Families to the 2nd Annual

## BACK-to-SCHOOL Block Party

Saturday, August 4 • 6-10 p.m.

Outside the center, bldg. 3223 • Live Entertainment with "DJ Walker"  
Door Prizes every half hour, Games and Contests, and a whole lot more  
Hamburgers 50¢, Hot Dogs 25¢

**Things to bring: lawn chairs, blankets**

**Request that odd # houses bring desserts and even # houses bring salads**

Sponsored in part by: Lance, General Pencil Co., Gulf World Marine Park, BIC Corp., Zoo World, Huffy Bicycle, Troll Books, Scholastic Books, Wild Adventures, Clubhouse Inn & Suites and Fiskars.  
No federal endorsement of sponsors intended.

**Call 283-4366 for more information.**



## Win a FREE Orlando, FL Vacation!

AETC Club Member (Officers' or Enlisted Club) make a minimum \$2 food purchase at the club to receive a scratch off game card.

- Match 2 symbols for food prizes and discounts
- Match 3 symbols for a chance to win a vacation

**Stop by your club for details.**

Sponsored in part by Orlando Flexicket (Universal Studios, Universal's Islands of Adventure, Busch Gardens, Wet 'n Wild Water Park and Sea World Orlando) and The Armed Forces Vacation Club. No federal endorsement of sponsors intended.

**Ends July 31**

AETC Club

**Member Rewards**





## Softball Standings

Large squadron			Small squadron		
	W	L		W	L
COMM 1	11	1	MXS 1	10	0
OSS	10	2	SFS	9	1
SEADS 1	9	2	82 ATRS	8	2
CES	9	3	CONS	6	4
2 FS	8	3	AFCEA	5	5
1FS	9	4	TW	5	6
95 FS	7	5	TEST	4	5
MSS	6	7	MXS 2	4	6
CONR	4	8	RHS	3	5
TRS Blue	4	8	LSS	3	7
SEADS 2	3	9	FWS 1	3	8
MDG	3	9	FWS 2	0	11
COMM 2	1	12			
TRS Red	1	12			

## Sports & Fitness

# Simple exercises prevent carpal tunnel syndrome

Courtesy of the American Council on Exercise

Carpal tunnel syndrome is a repetitive stress injury that can be a major physical problem for office-bound employees, supermarket checkers, writers, surgeons, various athletes and some gamblers.

People are at risk of developing CTS by repeatedly flexing or tensing wrists, hands or fingers. Acts such as typing, writing, punching a cash register or pulling the handle of a slot machine can result in the tendons of the wrist, hand and fingers becoming inflamed which causes intense pain.

Here are three simple tips to lessen the chance of contracting this condition. Swedish physical therapists have used similar techniques in successfully treating such injuries.

Three pointers:

- Take regular breaks.

• Strengthen muscles opposite those you use most often.

• Regularly stretch those muscles you use repeatedly.

Taking regular breaks from repetitive work activity is pretty obvious. Space them about 40 minutes to one hour apart. This cannot be overemphasized.

Strengthening wrist extensors is as easy as holding a light dumbbell in one hand, palm down, with that arm level to the floor and supported on your thigh or a table. Let the weight of the dumbbell bend your wrist forward or down, and then draw your knuckles upward toward the ceiling. Repeat 15 to 25 times each side.

Stretch your wrist, hand and finger flexors. Face a table or other horizontal surface that's about mid-thigh level. Step forward with one leg, placing that foot beneath the table. Lean forward over the table and position your hands, palms down, fingers straight out and

pointing back toward you, flat on the table. Gently lean back so that a mild stretch is felt in the underside of your forearms. At this point, try and grip the table with both hands, sort of like palming a basketball. It won't feel the same but the idea is just to contract the forearm muscles. Hold this contraction for five seconds. Now, easily release your grip while gently leaning back farther into your stretch, until the stretch is mildly to moderately uncomfortable. Keep your palms flat on the table. Hold this stretch for at least 15 seconds and up to about a minute. Slowly lean forward to release. Repeat several times each workday.

Normal range of motion for wrist extension (wrist bent backwards), with fingers straight is nearly a right angle (actually about 80 degrees) in relation to the forearm.



# Communication vital during a hurricane; know who to call

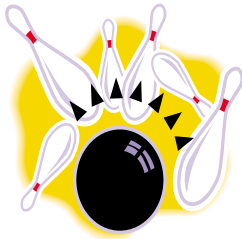


**Contingency phone number:** (877) 529-5540 — This toll-free number is used to disseminate critical information during contingencies such as hurricanes. Use the contingency phone number to keep informed of a situation’s current status.

**Duty information number:** (800) 896-8806 — Use this toll-free number to contact Tyndall for return-to-duty information and status of the base.

**Air Force Personnel Center:** (800) 435-9941 — A military member can call this number to report their location during the evacuation and receive further instructions.

# Bowl a few frames at *Raptor Lanes*



**Monday-Wednesday:**  
10 a.m.-10 p.m.

**Thursday:** 9 a.m.-midnight

**Friday:** 10 a.m.-2 a.m.

**Saturday:** 9 a.m.-2 a.m.

**Sunday:** 1-8 p.m.

# Tyndall classifieds

2001 Toyota Corolla, black, four-door with tinted windows. Under 5,000 miles, \$14,000. Call 784-2858.

